

# January 2017 Group X Schedule



## Monday

### Aerobic Room

8:30 - 9:25 am  
Boom Move It - Jeanne  
9:30 - 10:25 am  
Ballet Barre - Samantha  
10:30 - 11:25 am  
Yoga - Tahona  
5:30 - 6:25 pm  
Core- Bobbi

### Gym

8:30 - 9:25 am  
Zumba - Lucy  
9:30 - 10:00 am  
Zumba w/ Bursts - Tahona  
6:30 - 7:25 pm  
Zumba - Ashley

### Spin

6:30 - 7:25 pm  
Spin - Jean

### Aqua

8:00 - 9:00 am  
Shallow Water - Jean  
9:00 - 10:00 am  
Shallow Water -Jean  
12:00 - 1:00 pm  
Shallow Water  
5:00 - 6:00 pm  
Deep Water - Jean  
5:30 - 6:30 pm  
Shallow Water - Sue

## Tuesday

### Aerobic Room

8:45 - 9:15 am  
Cardio Circuit - Tahona  
9:30 - 10:25 am  
Yoga - Tahona  
5:30 - 6:25 pm  
Intensive Interval- Ashley  
6:30 - 7:30 pm  
TRX - Natalie

### Gym

8:30 - 9:25 am  
Zumba - Michelle  
6:30 - 7:25 pm  
Zumba - Ashley

### Spin

6:30 - 7:25 pm  
Spin - Sharon

### Aqua

8:00 - 9:00 am  
Shallow Water - Jean  
12:00 - 1:00 pm  
Shallow Water  
5:00 - 6:00 pm  
Deep Water - Jean  
5:30 - 6:30 pm  
Shallow Water - Sue

## Wednesday

### Aerobic Room

8:30 - 9:25 am  
Cardio Sculpt - Jeanne  
9:30 - 10:25 am  
Boom Mind/Body - Jeanne

### Gym

6:30 - 7:25 pm  
Zumba - Yazmine

### Spin

8:00 - 8:55 am  
Spin - Sharon  
6:30 - 7:25 pm  
Spin - Sharon

### Aqua

8:00 - 9:00 am  
Shallow Water - Jean  
9:00 - 10:00 am  
Shallow Water -Jean  
12:00 - 1:00 pm  
Shallow Water

## Thursday

### Aerobic Room

8:45 - 9:15 am  
Cardio Circuit - Tahona  
9:30 - 10:25 am  
Yoga - Tahona  
5:30 - 6:25 pm  
Intensive Interval- Ashley  
6:30 - 7:30 pm  
TRX - Natalie

### Gym

8:30 - 9:25 am  
Zumba - Michelle  
6:30 - 7:25 pm  
Zumba -Yazmine

### Spin

6:30 - 7:25 pm  
Spin - Jean

### Aqua

8:00 - 9:00 am  
Shallow Water - Jean  
12:00 - 1:00 pm  
Shallow Water - Michelle  
5:00 - 6:00 pm  
Deep Water - Michelle  
5:30 - 6:30 pm  
Shallow Water - Sue

## Friday

### Aerobic Room

8:30 - 9:25 am  
Boom Muscle - Jeanne  
9:30 - 10:25 am  
Ballet Barre - Samantha  
10:30 - 11:25 am  
Yoga - Tahona

### Gym

8:30 - 9:25 am  
Zumba - Michelle  
9:30 - 10:00 am  
Zumba w/ Bursts - Tahona

### Spin

8:00 - 8:55 am  
Spin - Jean

### Aqua


12:00 - 1:00 pm  
Shallow Water - Michelle

## Saturday


### Aerobic Room

9:00 - 9:55 am  
Zumba - Lucy  
10:00 - 10:55 am  
Intensive Interval - Ashley


**Ballet Barre:** Ballet Barre is a blend of dance inspired exercises which include strength training and stretches designed to burn fat and tone muscles. It includes low impact movements and focuses on smaller as well as large muscle groups. Ballet Barre will improve flexibility, balance, and core strength while lengthening muscles. No dance experience is required. All types of people can take ballet barre and modifications are always available.

**Cardio Sculpt:** A blend of Classic Silver sneakers that includes weight resistance training and a combination of cardio kickboxing to improve strength, aerobic fitness, coordination and balance. Get stronger and leaner. Great for all levels. 


**Core:** Health and strength start with the core. A strong core will help you build a more stable , powerful abdomen and lower back to improve fitness, straighten posture, and provide a foundation for and active daily lifestyle. Your core is responsible for supporting back, spine, and shoulders. This Core class will help with balance, flexibility, and strength.

**Boom Muscle:** An action based, functional and strength conditioning class that provides a dynamic workout. MUSCLE focuses on a variety of strength-based training techniques and movement patterns borrowed from popular sports and leisure activities. Although class is designed with baby boomers in mind, all seeking intermediate intensity are welcome. 

**Intensive Interval:** Interval Training Class (ITC) is a mixture of boot camp/ interval training and focuses on functional fitness. It consists of traditional calisthenics, agility drills, balance movements, core development, and strength training. Each session consists of times stations and is designed to strengthen different muscle groups and can be modified for all levels.

**Boom Move It:** Combines a great cardio workout with fun, dance-style choreography. This high energy class will have you moving to fun and uplifting music. Although designed with baby boomers in mind, all seeking intermediate intensity are welcome. 

**Spin:** Spinning provides amazing cardiovascular training that utilizes the largest muscle groups of the body. It is a non-impact workout that strengthens joints and ligaments, stabilizes muscles and enhances body alignment. Great for all levels.

**Boom Mind/Body:** Fuses the best of Pilates, yoga and athletic stretching. Integrates the stability ball for balance. It is intended to improve mind/body awareness and reduce stress. Although designed with baby boomers in mind, all seeking intermediate intensity are welcome. 

**Tabata:** A high intensity workout protocol that has fitness and weight loss benefits. Workouts consist of 30 seconds of work and 10 seconds of rest and will raise your metabolism and hear rate immediately. Tabata is a 30 minute class that offers the maximum benefit with the least amount of time used to get the results you want!

**Zumba®:** Fitness in disguise for everybody and every BODY! This Latin and World rhythm based dance fitness class uses both low and high intensity interval style training to get the calories burning on the dance floor! Led by licensed Zumba® instructors whose technique and level of intensity are just as unique as the class itself!

**Zumba with Bursts®:** this 30 minute Zumba® class fuses high intensity training concepts with the Zumba ® formula you know and love. Great for the time conscious enthusiast looking to take their fitness to the next level.

**Deep Water:** Gives the benefits of weights, Aerobics and stretching in a non-impact workout that focuses on burning calories and improving all aspects of physical fitness.

**Shallow Water:** A low impact class paced on for seniors and designed to promote joint flexibility, range of motion, and agility while building cardio fitness and muscle strength.

**Yoga:** Derived from Hatha Yoga, this physical practice creates a balanced flow of asanas (postures) to increase strength, flexibility and balance in a group exercise setting. While focusing on breathing and mindful movements, participants of all levels will build endurance for the mind, body, and spirit.

### Fitness Class Rules

1. Group X Classes are included with a full membership. A \$6 drop in fee is required for all others.
2. Please arrive on time to ensure proper warm up. Participants are not allowed to enter after 10 minutes from the start of class.
3. Classes are first come, first served. The instructor has the right to bar entry if class is at maximum capacity.
4. Participants must be 12 years of age or older to enter aerobics room and/or participate in classes.
5. Fitness classes may change after publication and we apologize for any errors that may occur.